

# PRIME TIME NEWS

## MOUNTAIN VIEW SENIOR CENTER

### AUGUST 2011

#### WHAT'S INSIDE

Workshops	Page 1
Monthly Movies	Page 2
Our Center	Page 3
Keeping Current	Page 4-5
Center Services	Page 6
Travel	Page 7
Lunch Menu and Activities	Page 8-9
Back Page	Page 10

#### SENIOR CENTER HOURS

**Monday - Wednesday**  
8:30 a.m. - 9:00 p.m.

**Thursday - Friday**  
8:30 a.m. - 5:00 p.m.

#### SENIOR CENTER STAFF

DIANE ATIENZA  
SARAH FOSTER (acting)  
Recreation Coordinators

NANCY HUGYIK  
JUSTINA LINAN  
Recreation Specialists

MORGAN BYLER  
Recreation Leader II

ALLIE CHING  
Office Aide

ELIZABETH MUSSO  
Lunch Program  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Jose DeAnda  
BJ Hathaway  
Rich Stephens  
Adam Turrey

**WORKSHOPS:** Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

#### LET'S PLAY...BIRKBALL?!

Move over billiards! Let the foosball table gather dust! Are you ready for a completely new kind of table game? Join us for this workshop on the ins, outs, chutes, steel balls, and excitement of Birkball! Learn the rules of play, player styles, and history of this unique, locally created game. Try out the game during the workshop, so you can take advantage of the Birkball game that we have ready for use at the Senior Center!

**Date: Tuesday, August 16**

**Time: 1:00 p.m.**



#### EXPLORING THE BAY AREA

Bay Area Older Adults (BAO) is a non-profit organization who hosts a free, easy-to-use website ([www.bayareaolderadults.org](http://www.bayareaolderadults.org)) that offers information about the outdoors, fitness, social and cultural activities. Learn about this wonderful resource for finding fun and healthy adventures right in our own backyard, the San Francisco Bay Area! This interactive workshop is also your chance to provide insight on the opportunities and challenges for staying active as a Bay Area older adult.



**Date: Thursday, August 18**  
**Time: 1:00 p.m.**

#### SLEEP APNEA AND DIABETES

Join this talk on the surprising correlation between sleep apnea and diabetes with Elite Medical Center, a geriatric medicine board-certified facility. Learn about the use of CPAP (Continuous Positive Air Pressure) to treat sleep apnea and diabetes as well as tips to manage diabetes and weight loss.

**Date: Thursday, August 25**

**Time: 1:00 p.m.**



*Join us for the 10<sup>th</sup> Annual Fashion Show on Friday, August 26!*

Details on page 4

WORKSHOPS